

Reflective Practice Framework

What is Reflective Practice?

Reflective Practice is a continual process where a nurse analyzes and evaluates their own professional experiences as a means to gain insight and promote professional growth and learning. Reflective Practice is demonstrated when a nurse is able to describe how their individual learning plan has positively impacted client outcomes.

Why is Reflective Practice necessary?

Reflective Practice is necessary for a number of reasons;

1. It is critical to learning from your own experience;
2. It helps you to develop a professional identity and recognize the impact of your own personal values, beliefs and attitudes on your everyday practice;
3. It allows you to connect new knowledge to existing knowledge, and;
4. It provides you with tools to self – assess and self – regulate your practice.

Why is Reflective Practice important?

Reflective Practice is important for a number of reasons;

1. It is a critical component of continuing competence;
2. It allows you to gain insight into what makes a caring and supportive person;
3. It allows you to gain insight into the nature of your knowledge in your own practice setting and;
4. It allows you to reshape what you do, while you are doing it.

How do I document Reflective Practice?

Reflective Practice is documented in the evaluation of your annual learning plan. Use the following framework to structure your reflective practice evaluation:

Reflective Practice Framework

I have increased my competence in [whatever you identified as a learning goal] ***by*** [list the activities in your learning goal]. ***As a result,*** [identify how your practice has improved]. ***This means that*** [outline how your clients are positively impacted by your learning].

Example of a reflective evaluation of a learning goal

“I have increased my competence in the performance of venipuncture by completing my employer’s learning module and working with a preceptor. As a result, I am able to competently perform this skill independently rather than waiting for another person to do it for me. This means clients get safe and timely care because lab results can be completed faster, and I can make decisions sooner.”

Can my compliance with CCP be determined if I have not yet put my learning plan in place or achieved my goals?

Goals and practice change can be *in progress*, but verification of your compliance with CCP is based on a review of your *completed* learning plan from the *previous* year. Compliance cannot be determined if there is no evidence of learning or reflective practice.

If you think this is the case, call CLPNPEI staff at 902-566-1512 or reach us by email at info@clpnpei.ca